

Meal Kits in Your Pantry

Have you heard about those really neat meal delivery services such as Blue Apron and Hello Fresh? They provide everything you need in order to prepare an entire meal for your family. Have you thought about providing your clients with a similar product? All you need is about 70-80% of the ingredients in any given recipe, some reusable bags or plastic bags, and a copy of the featured recipe. Alternately you can set all of these ingredients on a table and offer them to your clients, letting them know how much of each ingredient to take to complete the recipe.

Visit www.JSYfruitveggies.org for some recipe inspiration!

We have over 200 different recipes and many in a recipe card format. Contact your local JSY nutrition educator if you need some assistance putting this together. Below is a great, easy recipe to begin! If you don't have every ingredient listed in the recipe, recommend substitutions to clients and let them choose what they like best.



Rice and Beans

Ingredients

- 1 tablespoon vegetable oil
- 1 chopped onion
- 1 chopped green pepper
- 2 minced garlic cloves
- 1 can (14.5 ounces) diced tomatoes
- 2 cups cooked black beans
- 1 teaspoon chili powder
- 1 1/2 cups uncooked brown or white rice
- salt and pepper to taste

Instructions

1. Heat oil in a large pot over medium heat.
2. Add onion, green pepper and garlic. Cook until soft.
3. Stir in tomatoes, black beans, 3 cups water, and chili powder.
4. Bring to a boil and stir in rice.
5. Reduce heat, cover, and cook until rice is cooked, about 30-40 minutes.
6. Let stand for 5 minutes and then serve.
7. Refrigerate leftovers.

Makes 5 servings

Why not have Just Say Yes to Fruits and Vegetables (JSY) visit your agency? We provide free nutrition education, cooking demonstrations, and produce. Please call the nutrition educator in your county listed below.

Kristyn Bopp, Nutrition Educator, 518-786-3691 x225 KristynB@regionalfoodbank.net or

Denise Schultz, Nutrition Educator, 518-786-3691 x269 DeniseS@regionalfoodbank.net

Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington counties

Monica Cieslak, Nutrition Educator, 845-534-5344 x109 or email at MCieslak@foodbankofhudsonvalley.org

Serving the following counties: Dutchess, Orange, Putnam, Rockland, Sullivan and Ulster counties